



CRAFT CORNER

Flattering summer sweater

With warm weather ahead, a comfortable short sleeved sweater is an ideal crafts project. Aside from expanding your wardrobe, knitting a sweater can actually improve your summer looks.

Although knitting doesn't firm and tone muscles, it can certainly help keep you in shape. Knitting keeps you too busy to snack, but not too busy to watch TV or carry on a conversation at the same time.

Even if you're in perfect shape, the sweater shown here is rich-looking, comfortable and wonderfully flattering. It features cable-knit yoke, simple stockinette body, three-button closing in back, and easy-to-wear puffed and flared sleeves.

The sweater can be made in "Cassino" 100 percent cotton yarn or, as in alternative, "Sweety" yarn of acrylic, mohair and wool. Prices, colors and ordering information for the sweater kit, complete with yarn, instructions add dyed-to-match buttons, follow this column.

Knitting aids dieters because it's relaxing, almost hypnotic. In addition, it absorbs just enough attention to take your mind off food.

For these reasons, knitting is an ideal activity for the times you shouldn't be snacking, but feel you can resist. Assuming you're not genuinely hungry, if you can resist long enough to pick up your needles and knit the first few rows chances are you'll keep knitting rows until your appetite disappears.

Whether or not you have an ounce to lose by knitting, you'll have a beautiful sweater to gain.

If you're not familiar with cable knitting, all you need is a special cable needle and an understanding of the term "CF 6" in order to knit the sweater shown. Meaning

"cable front 6," the stitches are worked as follows:

CF 6: Slip 3 stitches onto the cable needle and hold in FRONT of the work. Knit the next 3 stitches as usual. Then knit the 3 stitches from the cable needle back into your work.

If you'd like to try the cable pattern shown, here are directions:

CABLE PATTERNS

Cast on 18 stitches.

Row 1: Purl 2, *knit 6, purl 2, repeat from*.

Row 2 and all even rows: Knit 2, *purl 6, knit 2, repeat from*.

Row 3: Purl 2, *CF 6, purl 2, repeat from*.

Rows 5 and 7: Purl 2, *slip 1, knit 1, pssso, yarnover, knit 4, purl 2, repeat them*.

Row 9: Repeat row 1.

Row 11: Repeat row 3.

Rows 13 and 15: Purl 2, *knit 4, yarnover, knit 2 together, purl 2, repeat from*.

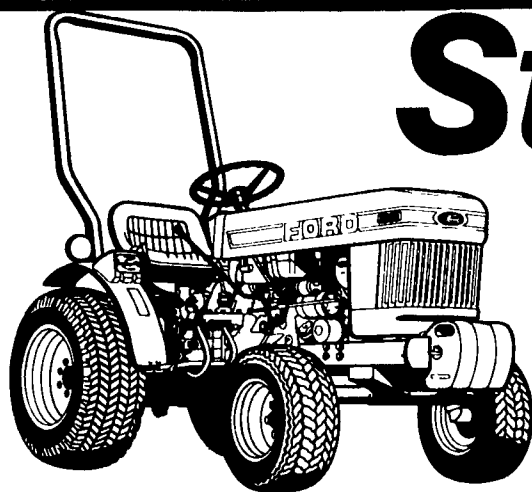
Row 16: Repeat row 2.

THE SWEATER KITS, complete with instructions, matching buttons and Bernat yarns, are available in white, pale yellow, peach, misty blue, pale pink, pearl gray, marsh purple (amethyst), stormy teal (turquoise) or ruby claret.

KIT S973-291, in "Sweety" Acrylic/Mohair/Wool blend: small (8-10), medium (12-14) or large (16-18) \$14.

KIT C973-291, in "Cassino" 100 percent cotton yarn: small (8-10) \$32, medium \$36 (12-14) or large (16-18) \$40.

TO ORDER, send kit price, plus \$2.50 postage and handling, to Ellen Appel Crafts, your newspaper's name, Box 1144, Laguna Beach, CA 92652. Specify kit number, size and color. Add \$1, if desired, for cable needle. California residents, please add 6 percent sales tax.



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